

# **INTEGRATIVE HEALTH PROGRAM AND GROUP MEDICAL VISITS**

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# Integrative Health Program

## Current Services:

- ❖ Pain and Wellness Group Medical Visit Clinic
- ❖ Integrative Medicine Clinic with Acupuncture
- ❖ Stress Management CD distribution
- ❖ Collaboration with Perinatal Depression to Wellness Network

## Services Being Developed:

- ❖ Guided Imagery CD Surgery Preparation
- ❖ PT/OT Wellness Classes in Nutrition /
- ❖ Exercise / Stress Management

## Integrative Health Proposal

# Pain and Wellness: Format

- ❖ Orientation for New Patients
- ❖ Meditation / Deep Relaxation
- ❖ Exercise
- ❖ Curriculum topic
- ❖ Action Planning: Individual attention to each person by the provider.

# Pain and Wellness: Curriculum

- ❖ Building Self-Efficacy: Making Changes
- ❖ Getting Help and Support
- ❖ Slowing Down: Pacing / Deep Relaxation
- ❖ Purposes and Reasons to Live
- ❖ Nutrition / Exercise / Getting Good Sleep
- ❖ Communication with Health Care Providers
- ❖ Pain Medications
- ❖ Emotional Self-Care / Self-Talk
- ❖ Problem Solving / Self Monitoring
- ❖ Relationships
- ❖ Coping with flare-Ups / Relapse Prevention

# Pain and Wellness: Evaluation

Patients reported that since P&W attendance, they were improving in:

- ❖ Solving problems
- ❖ Relieving / managing stress / meditating
- ❖ Decreased use of pain meds
- ❖ Making and using a plan for flare-ups
- ❖ Pacing their activities
- ❖ Exercising
- ❖ Improving food choices
- ❖ Quitting Smoking

# Pain and Wellness: Challenges

Patients with varying needs are mixed together:

- ❖ Patients with psychiatric illness
- ❖ Patients with Addiction illness
- ❖ Patients with recent onset of Chronic Pain

Patients living in chaos / toxic situations – constant stressors making them worse: domestic violence, street violence, homelessness, etc.

Patients NEED an “oasis of peace” to support them

# Integrative Medicine Clinic: Acupuncture

- ❖ Monday afternoons in MTZ.
- ❖ Very successful in numbers – overflowing and with long waiting list.
- ❖ Drs. Ori Tzvieli, Joyce Tang, Alice Lin
- ❖ Soon to open more clinics with Drs. Tang and Lin

# Stress Management CDs

- ❖ Dr. Michelle Wong, 1<sup>st</sup> year resident, proposed and developed this program
- ❖ Guided Imagery CDs donated by Kaiser
- ❖ Distributed in the MTZ FPC, and now to start in CHC (Dr. Ken Saffier), RHC (Dr. Krista Farey) and in AHC (Dr. Anni Hansen)
- ❖ Guide for Patients
- ❖ Guide for Providers on how to instruct patients in usage
- ❖ Guide for sites on how to set up a program
- ❖ Evaluation survey of patients – volunteer collecting the data



# Doula Program

- ❖ Dr. Natasha Pinto, Dr. Lisa Keller, Roz Hunter RN, and Alex Dronkers RN – founders
- ❖ Volunteer Doulas: women from various backgrounds and communities.
- ❖ Currently an increase in Doulas coming out of Doula schools
- ❖ Labor Coaching in Labor and Delivery
- ❖ Over 80 Doula Assisted Births after ~1 year
- ❖ Very positive response from patients
- ❖ Evidence based OB intervention

# Group Medical Visits

- ❖ **Group Prenatal: “Centering Pregnancy” Groups**  
RHC, PHC, CHC, MTZ (Drs. Farey, Farnitano, Wildfire, Katzman)
- ❖ **Group Well-Baby: “Centering Parenting” (Peds)**  
RHC, CHC (Drs. Farey, Wildfire)
- ❖ **Pain and Wellness** (Dr. Burt)  
RHC, PHC, MTZ Drs. Hinman, Wadley, Bannwart, Wildfire, Savage  
FNPs: Miller, Seawell
- ❖ **Bupenorphine Treatment Groups**  
MTZ Dr. Saffier
- ❖ **Diabetes Groups**  
RHC, CHC, PHC Drs. Glatt, Bannwart, Tzvieli, Desoer, Farnitano
- ❖ **WeCan: Pediatric Obesity Groups**  
RHC, BHC Drs. Glatt, Bassali

# Group Evolution / Innovations

- ❖ 10+ Years
- ❖ Co- Facilitation: CMAs and CHWs: Team approach
- ❖ Promotoras and Health Conductors – new addition to groups as Co-facilitators: bringing tremendous energy, vision, inspiration, leadership in cultural competency, needed recruiting and coordination efforts.
- Center for Human Development
- Reducing Health Disparities Unit
- Year long training including Group facilitation, Chronic Care innovative models.

# Groups - Challenges

- ❖ Space
- ❖ Nursing
- ❖ Coordination
- ❖ Recruiting and Maintaining Patients
- ❖ Funding for materials
- ❖ Training

# Integrative Health Proposal

- ❖ Has been proposed and embraced by the Administration and the Contra Costa Regional Health Foundation
- ❖ Still developing from the ground up slowly – awaiting larger funding.

# Current Conventional Medical Paradigm

Not Sustainable

**Technology**

Evidence Based ?  
costs

Skyrocketing

Unequal Distribution - Health Disparities

**Heart:**  
**Crisis Intervention/  
Disease Management**

**Key:**  
**Technology**

**Compliance  
Education**

to participate in  
preventive screening and  
disease management

**Team**

MD, Nurse,  
OT, PT, SW,  
Admin., etc.

**Marginalized:** MH / SA / PH / Community

# Integrative Health Paradigm

## Sustainable

### Behavioral Health – Spectrum of Care

Crisis / Disease  
Counseling: 1:1 & group  
Stress Management

### Crisis Intervention/ Disease Management

Cost effective  
Evidence-based  
Inclusion of CAM

### Empowerment of Patient

Trust, engagement, change  
Culturally sensitive

### Self Healthcare

Key: Empowerment/  
Support

*Preventive Self-Care  
Self-Management of  
Illness*

### Collaborative Teamwork

#### Work Force Development

All inclusive  
CHW: Link to community

### Active Patient Education – Life Skills

Nutrition

Sleep, Pacing

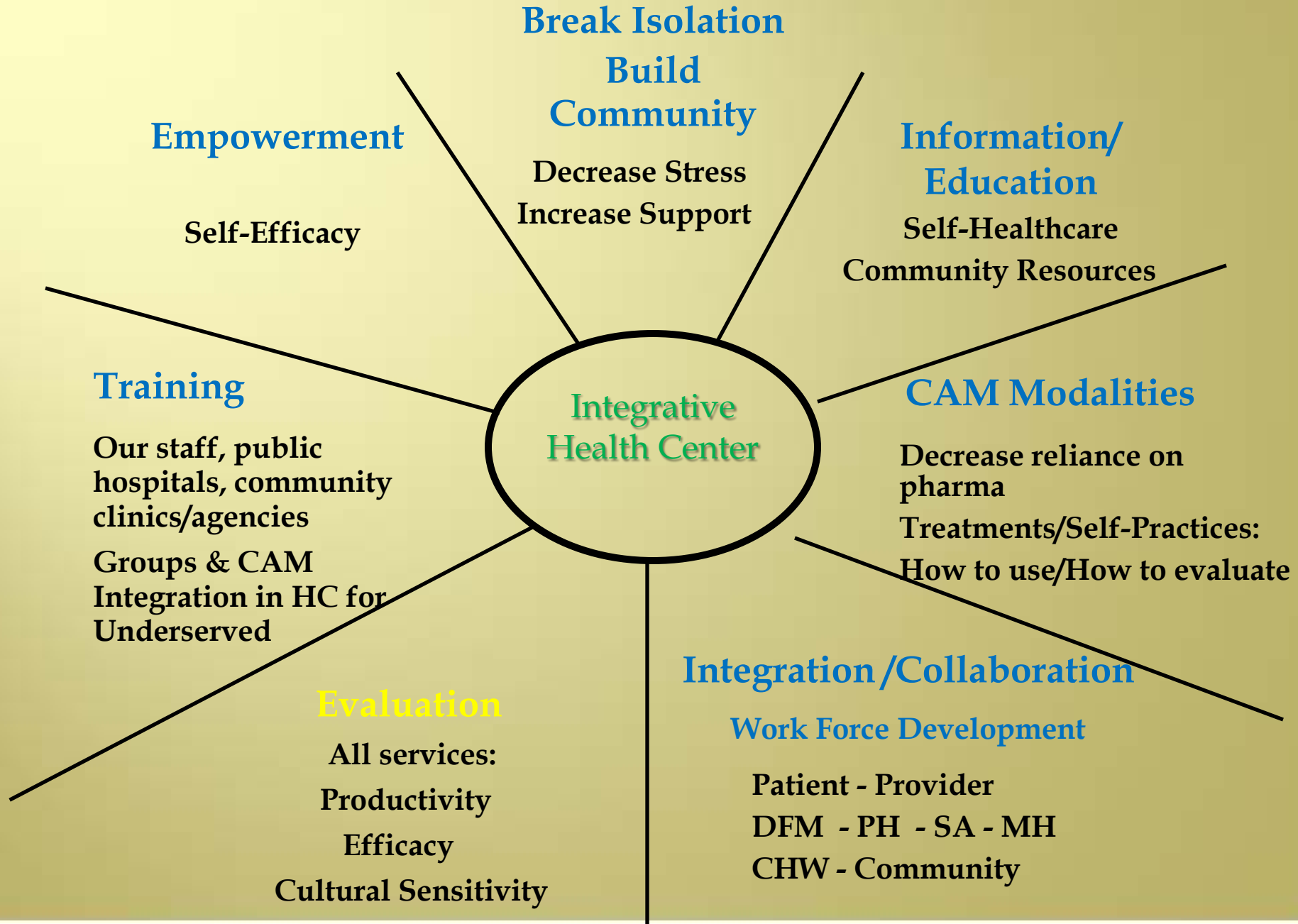
Exercise

Meditation/Deep Relaxation

Self-Management /collaboration

Emotional / Mental Self-Care

# Mission of Integrative Health Centers





# Integrative Health Center Services

## Groups

Medical Visits /  
Classes

**Adult Ed**

**CHW**

**Promotoras / HCs**

## IH Clinic

1:1 providers

**CCRMC Providers**

Chronic Illness Peer Support  
Counselors

**Promotoras / HCs**

**CHW / Senior Peer  
Counselors**

## CAM & Other Services

Acupuncture

**CCRMC Providers**

Massage

Chiropractic

**Interns / Contractors**

Gym Memberships / Pool Use

**Gyms / Parks and Rec**

**Integrative  
Health  
Center**

## Training Center

Groups / CAM  
integration

**CCRMC Providers / Staff /  
Residents**

## Behavioral Health

Group and 1:1 Treatment  
Innovative / Effective  
Therapies

**Dr. Ferman /**

**Mental Health**

# Can you be Involved- YES!

- ❖ Integrative Health program – new services
- ❖ Groups for Resident training
- ❖ In-House Training in Groups